



DISTRICT 4, AREA 15

Sara-Mana InterGroup Newsletter

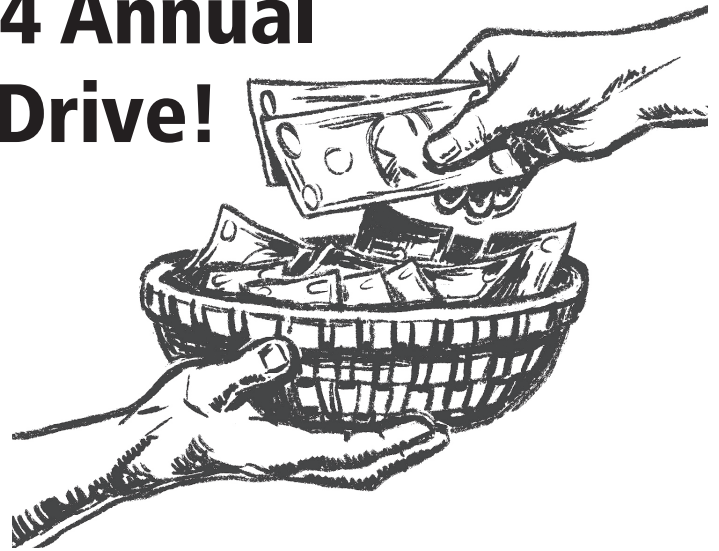
January-February 2024

Announcing The 2024 Annual Central Office Fund Drive!

The Central Office Fund Drive for Alcoholics Anonymous runs every year from January 1st to April 15th. Central Office plays a crucial role in the local AA Service Structure, serving as the face and heartbeat of the AA community in Sarasota and Manatee Counties since its establishment in 1986.

One of three local entities that serve the AA community in the Sara-Mana District, Central Office is the physical office that serves as the focal point for various AA services and activities. Its purpose is to provide direct support to District 4 General Service, Sara-Mana Intergroup, and all AA members living in or visiting our community.

Central Office is responsible for answering phone inquiries, supplying AA literature, assisting various AA-related committees, providing meeting space for said committees and AA meetings alike, maintaining the AAsrq.org website along with other day-to-day operations. The Annual Fund Drive is crucial to sustaining these vital services, ensuring that the Central Office continues its mission of carrying the AA message to those in need, providing essential resources, and supporting the local AA community in its efforts to help individuals with a desire to stop drinking.



Contributions to the fund drive enable the Central Office to carry out its important functions and maintain its services for the benefit of those seeking help and information about Alcoholics Anonymous. Please help support your local Central Office. Individual contributions are gratefully appreciated. **You can find envelopes for your contribution available at meetings and at Central Office, or scan the QR image.**



SARA-MANA CENTRAL OFFICE

1748 Independence Boulevard, Suite G-2
Sarasota, FL 34234
941-351-4818
www.aasrq.org

HOURS:

Monday-Thursday, 9am-4pm
Closed: Fridays, Weekends, & Holidays

24 HOUR HELPLINE 941-351-6810
ENGLISH: Press 1 SPANISH: Press 2

DISTRICT 4 Celebrates New Years Eve

ON SUNDAY, 12/31/23, a large group of us gathered to celebrate the end of 2023 and welcome 2024. The event was organized by our District IV Alternate Chair, Laurie, and a crew of enthusiastic volunteers. Together, they put on a very fine party. It included a delicious dinner prepared by Chef Paul and his crew, an inspiring speaker, and a dance.

The event was held at Faith Church in Sarasota. The dinner was limited to 200 and had quickly sold out. Anyone else was invited to attend the remainder of the event and about 30 more people showed up after dinner.

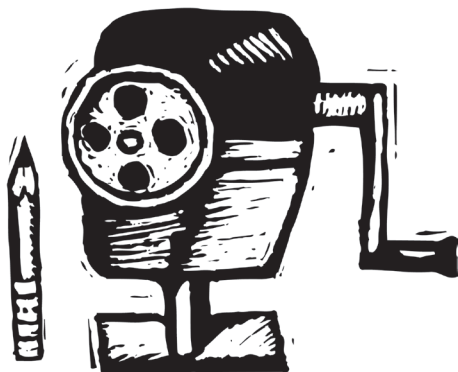
The speaker was Tom, who enthralled everyone with his tale of experience, strength, and hope. It was an incredible story that included highs and lows that many of us have not known. As always, however, we heard things that were relatable and familiar to us.

After the speaker finished, the tables and chairs were put away and the DJ started spinning tunes. Many people hit the dance floor and were clearly enjoying themselves. Those too shy to dance also appeared to be enjoying the music and the fellowship.

While we are not a glum lot, we are no longer the party animals that many of us used to be, so the party



was over well before midnight. People began drifting away bit by bit and the clean up crew was done by 11 pm. Still, although we did not actually ring in the New Year together, we had a great time and most of us would not trade this life for the ones we had for anything.



Another Way to Be of Service

PLEASE CONSIDER SUBMITTING an article, a quote, saying, photo(s), or anything that speaks to you regarding your experience with alcohol and/or recovery. You don't have to be a professional writer to contribute anymore than you need to be a professional orator to speak at a meeting. Articles or stories, should be no more than 600 words. Don't worry about grammar or spelling—we'll fix that for you. We just want to hear from you and share your AAexperiences. Send us your thoughts and writings at newsletter@aaasrq.org.

January & February

STEP 1

We admitted we were powerless over alcohol—that our lives had become unmanageable.

TRADITION 1

Our common welfare should come first; personal recovery depends upon A.A. unity.

CONCEPT 1

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity

TRADITION 2

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

CONCEPT 2

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

Suggested Topics For Discussion Meetings

1. Acceptance
2. Attitude of gratitude
3. Belief in a Higher Power
4. Complacency
5. Contempt prior to investigation
6. Dependence
7. Fear
8. Forgiveness
9. Freedom through sobriety
10. Group inventory
11. Hope
12. Humility
13. Identification
14. Inadequacy
15. Inventory
16. Letting go of anger
17. Let's be friendly with our friends
18. Living one day at a time
19. Making amends
20. Meditation
21. Open-mindedness
22. Participation and action
23. Patience and tolerance
24. Personal spiritual experience and spiritual awakening
25. Plan the action—not the result
26. Practice these principles in all our affairs
27. Principles before personalities
28. Resentments
29. Responsibility declaration
30. Rigorous honesty
31. Serenity
32. Service
33. Sponsorship
34. Staying away from the first drink
35. Surrender
36. Three Legacies—Recovery, Unity and Service
37. Twelfth Stepping
38. Understanding Anonymity
39. Ways of carrying the A.A. message
40. What is sobriety
41. Willingness
42. Working with others

CONGRATULATIONS! JANUARY ANNIVERSARIES

	YEARS
Kyle A	1
Linda A	1
Robert M	2
Bridget D	3
Joy Y	5
Charles K	8
Mark S	10
Anne F	12
Chad S	14
Karl L	24
Michele E	32
Robin C	34
Rick S	39
Lisa Mc	41
Doris H	42

PLEASE USE THIS FORM FOR YOUR GROUP'S ANNIVERSARIES—the month and day along with the total number of years, (ex., Mary S. 1/21, 32 years), and email to newsletter@aasrq.org

Thank you.



They say you need **NEWCOMERS** to tell you where you came from, **OLD-TIMERS** to tell you where you could go, and a **SPONSOR** to tell you where you are at.

Just for today.